



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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## NEWS RELEASE

For Immediate Release:  
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### **North Dakota Celebrates One-Year Anniversary of Smoke-Free Law**

BISMARCK, N.D. – August 1, 2006, marks the one-year anniversary of the implementation of North Dakota's smoke-free law, according to State Health Officer Terry Dwelle, M.D., M.P.H.T.M. The law states that enclosed areas of most public places and places of employment must be smoke-free.

"Today marks an important milestone in public health as we celebrate a year of healthier workplaces in North Dakota," Dwelle said. "The June 2006 U.S. Surgeon General's Report leaves absolutely no doubt that secondhand smoke is a serious health hazard and all workers have the right to breathe smoke-free air. The report details the dangers of secondhand smoke and confirms that there is no safe level of exposure to secondhand smoke. This reaffirms the fact that our smoke-free law is definitely a significant stride forward in the protection of the health of our citizens."

People who breathe secondhand smoke are more likely to have breathing problems, have more severe asthma attacks and are at increased risk of becoming sick and dying from heart disease and lung cancer. Nonsmokers exposed to secondhand smoke at home or work increase their risk of developing heart disease by 25 percent to 30 percent and lung cancer by 20 percent to 30 percent.

"The Surgeon General's report concluded that smoke-free workplace policies are the only effective way to eliminate secondhand smoke exposure in the workplace," Dwelle said. "The state's smoke-free law helps to ensure that North Dakota is a healthy place to live and work."

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In celebration of the one-year anniversary, the North Dakota Tobacco Quitline will be offering free nicotine replacement medications (patches or gum) to the first 50 callers who enroll in counseling on August 1. For more information about the free cessations aids, call the North Dakota Tobacco Quitline at 866.388.7848.

For more information about North Dakota's smoke-free law, visit [www.ndhealth.gov/tobacco/SmokeFreeLaw.htm](http://www.ndhealth.gov/tobacco/SmokeFreeLaw.htm) or call the Division of Tobacco Prevention and Control at 701.328.3138 or 800.280.5512 (toll-free).

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